

# **“TAILORED”**

## LIGHTING INTERVENTION

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Humanhealth Studio

# **“TAILORED” LIGHTING INTERVENTION**

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“Biological Rhythms That Repeat Approximately Every 24 Hours Are Called Circadian Rhythms.”

“Light Is The Main Stimulus That Helps The Circadian Clock, And Thus Circadian Rhythms, Keep A Synchronized Rhythm With The 24-Hour Day.”



## **LIGHT ESCHATOLOGY 2050**

### The Situation Of Lighting Environment

01

“we go from subway to staring at screens in our offices and back to subway and to home, where we are once again glued to screens. we shop for groceries in underground markets.

we live 24/7 in artificial light. and if we do manage to get outdoors, in many places, including several of the large modern cities, air pollution obscures full spectrum light.”

## HOW IT WORKS

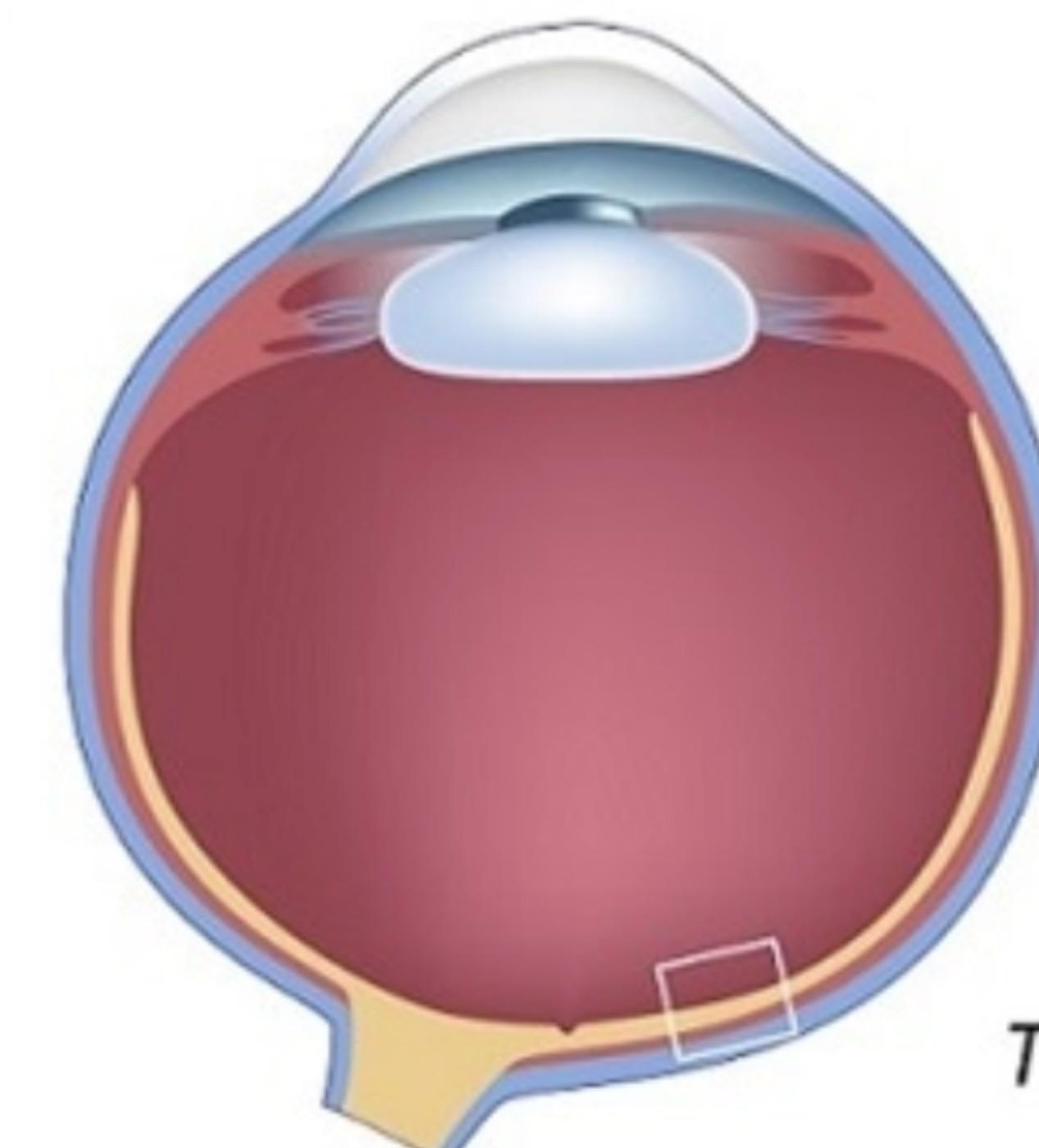
### The Principle Of Lighting Therapy

One special cell has been discovered in the retina, called the intrinsically photosensitive retinal ganglion cells(ipRGC).

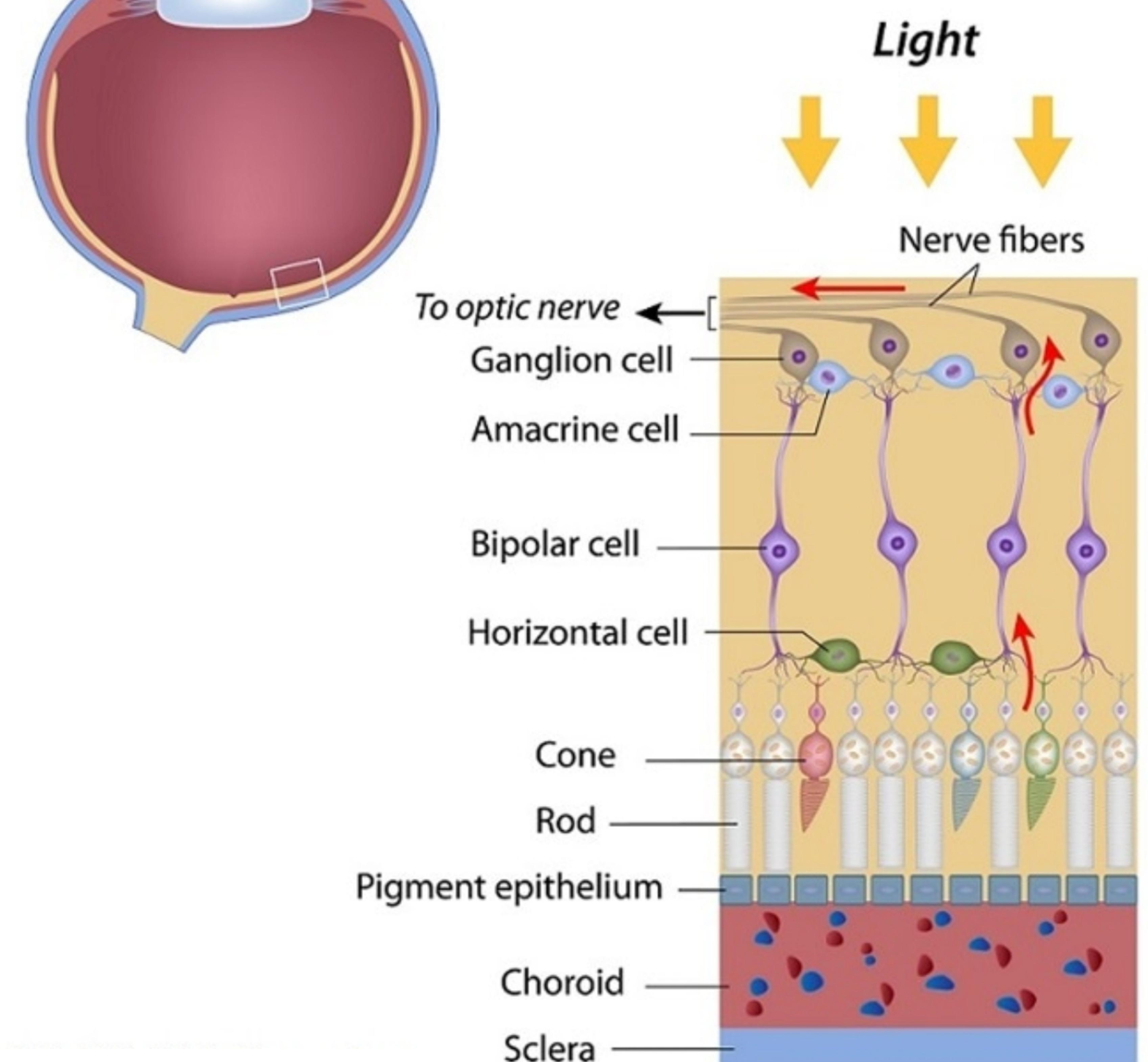
"The ipRGCs report light stimuli to the suprachiasmatic nucleus(SCN) to slow down the melatonin secretion in human blood, therefore affecting the circadian phase. Melatonin promotes sleepiness, slows down body function and lowers activity levels."

The discovery of ipRGCs explain the principle of how lighting design can influence the circadian rhythm.

02



### Structure of the Retina



## HOW IT WORKS

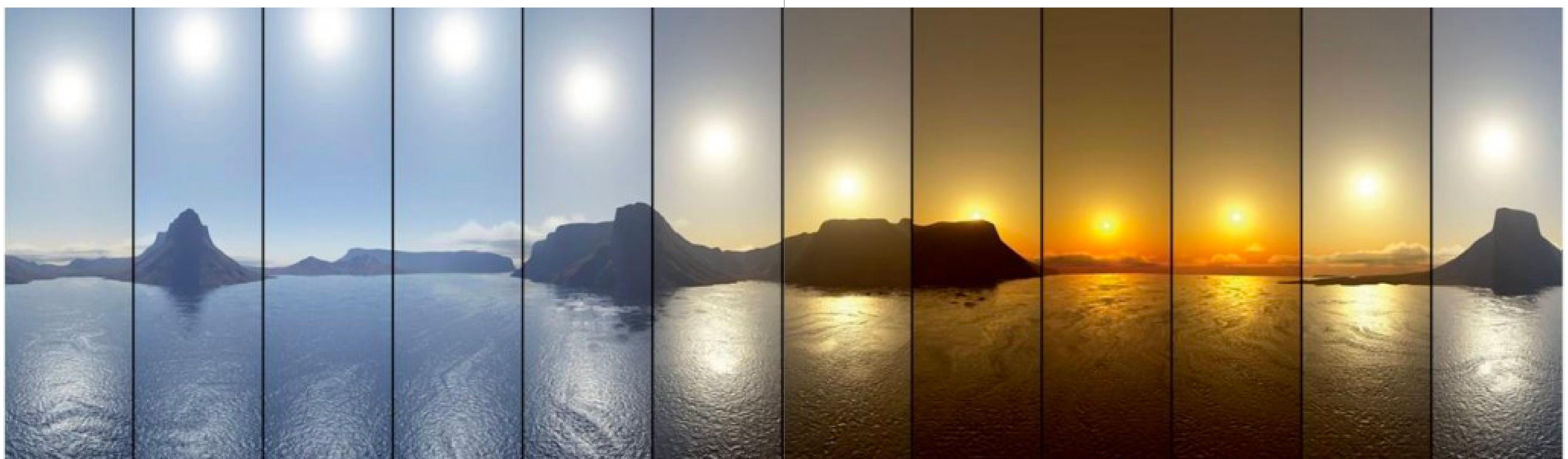
### The Principle Of Lighting Therapy

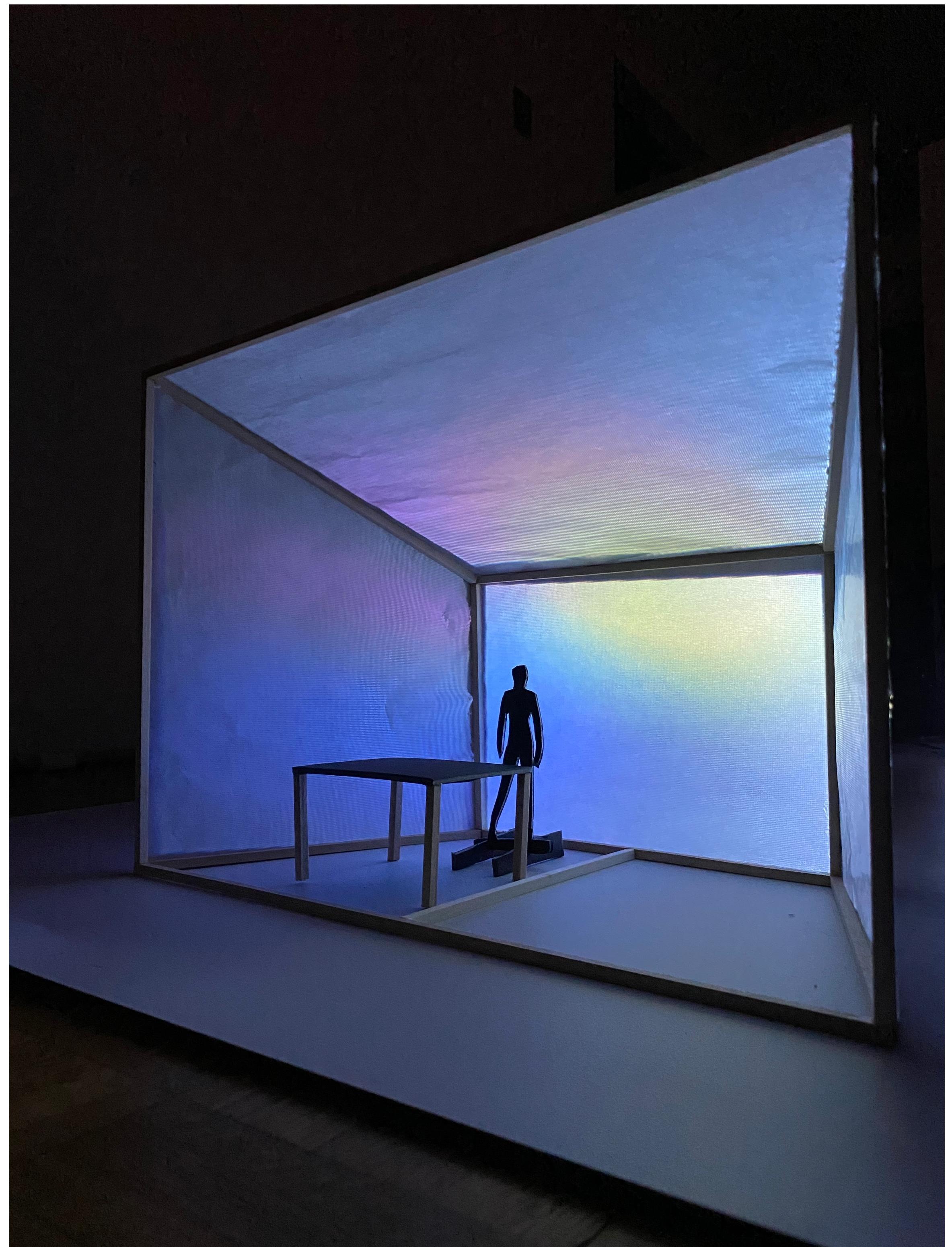
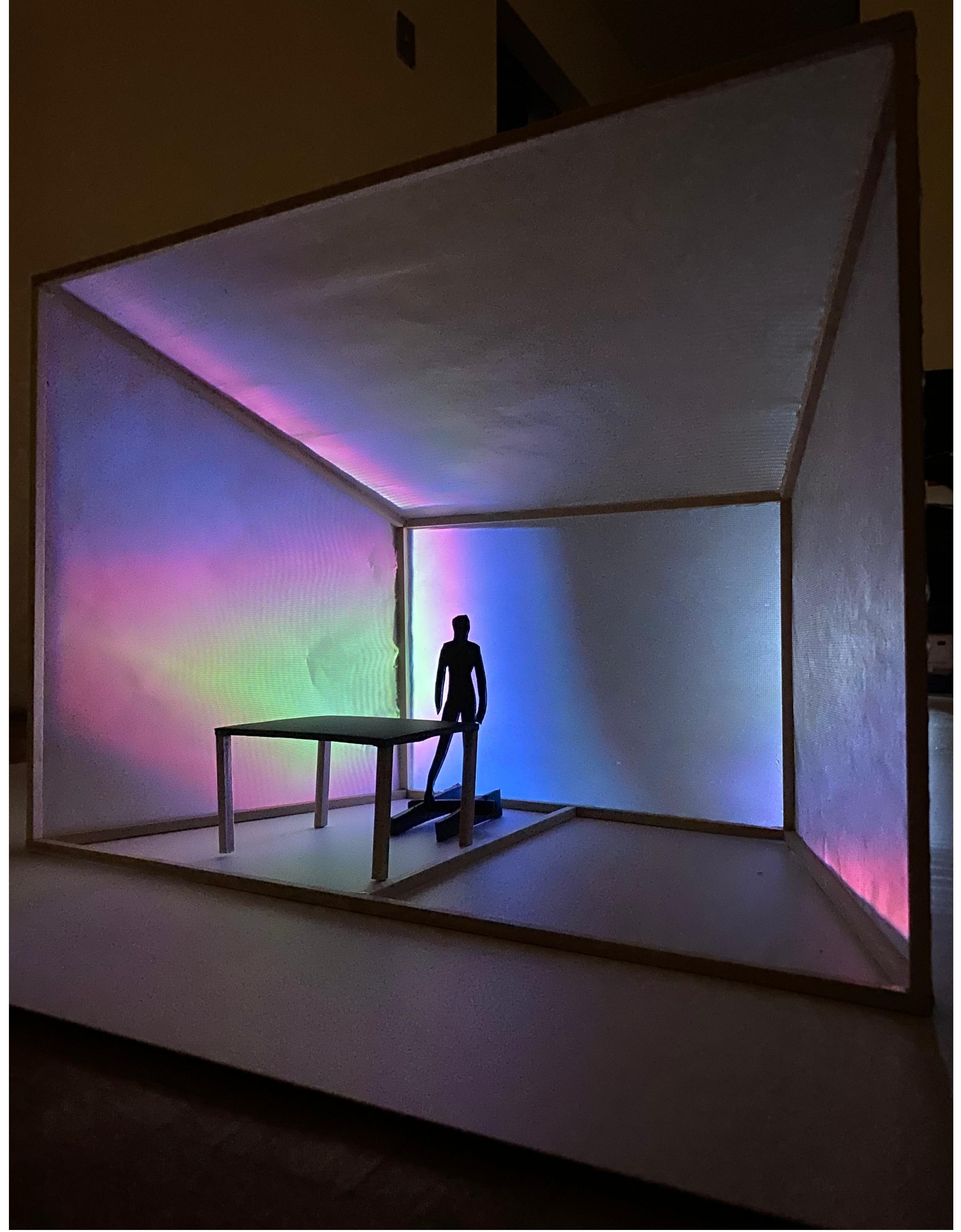
02

In the recent research "Circadian-effect engineering of solid-state lighting spectra for beneficial and tunable lighting", the scientist pointed out several conclusion:

1. "Minimum circadian action factor(CAF) of 2700k K white LED spectra for evening."
2. "Maximum tunability circadian action factor(CAF) for dynamic daylighting between color temperatures of 2700 K and 6500 K".

Based on these discovery, the scientific support result about which kind of light will achieve beneficial effect on human's circadian rhythm system.



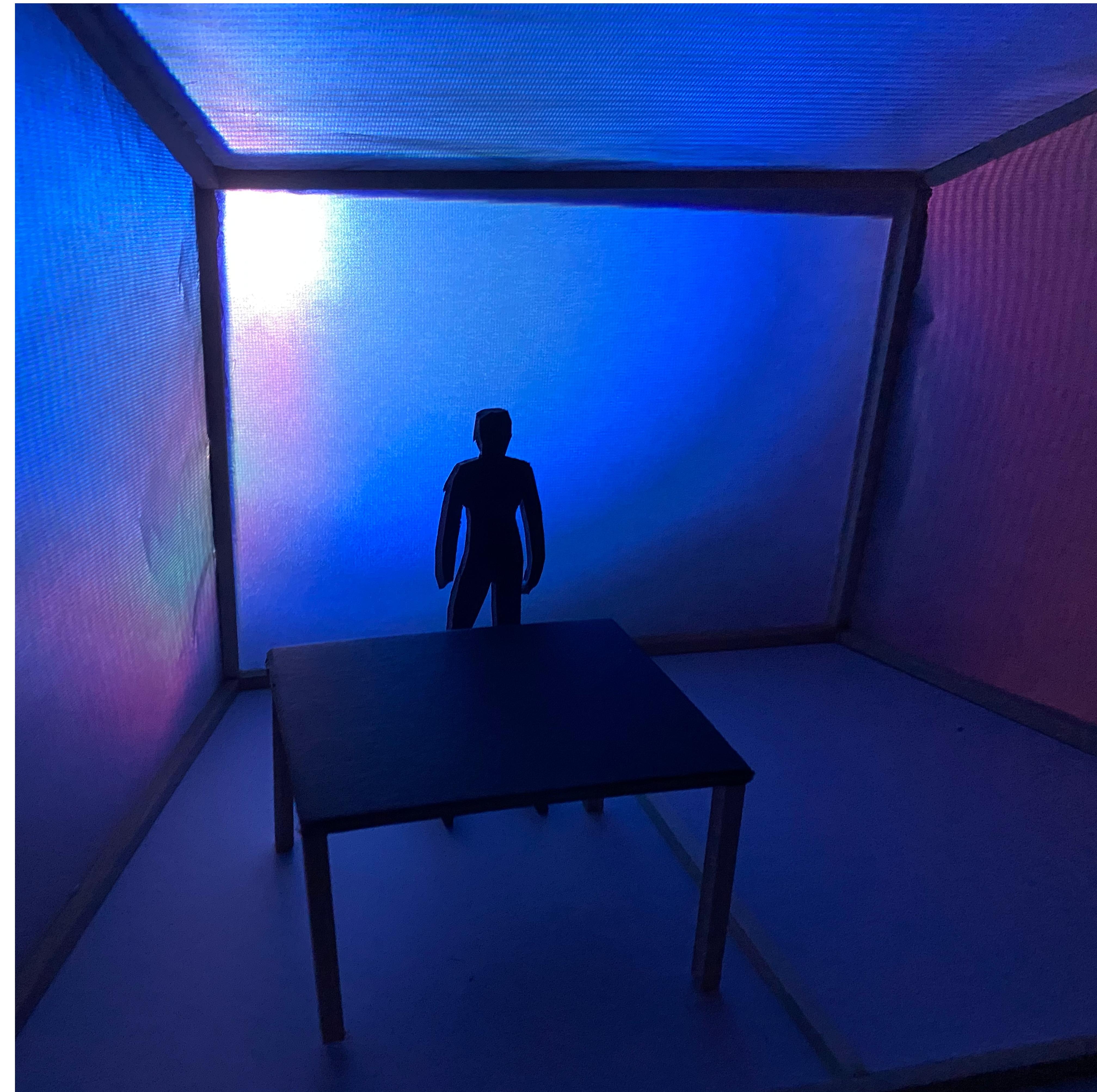


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# 03

**WHAT IS “TAILORED”**  
Scientific Customized Light Temperature

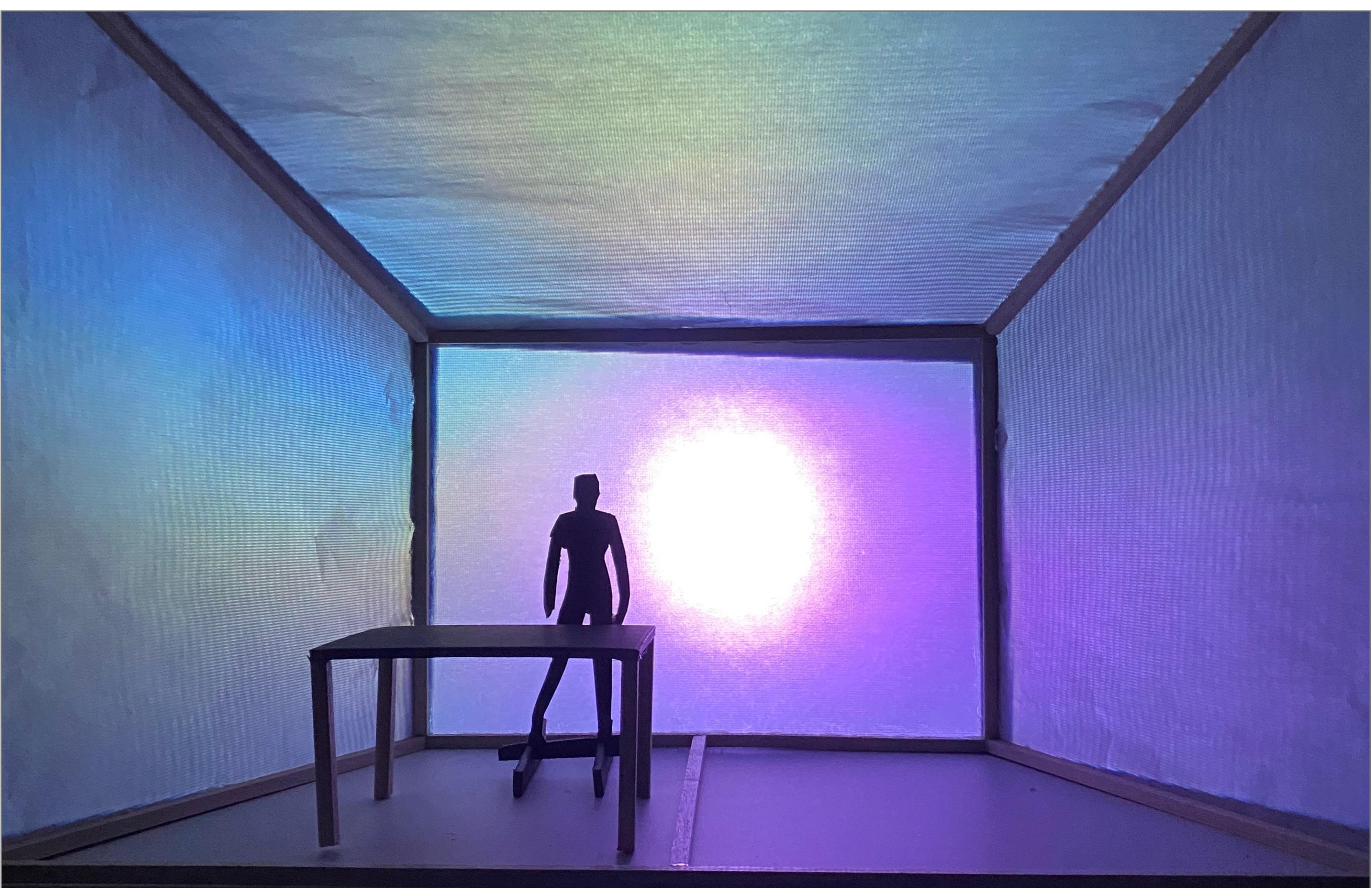
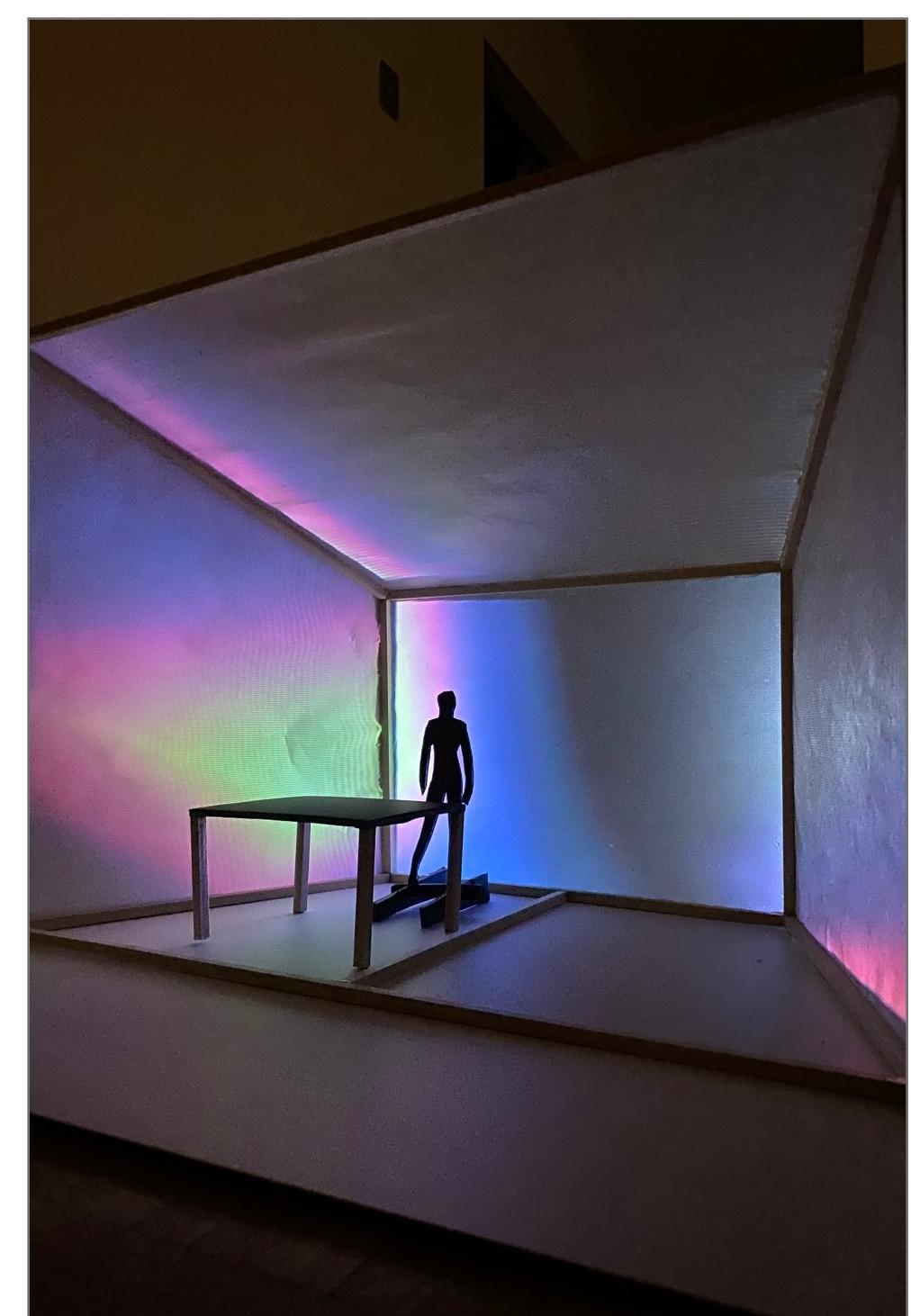
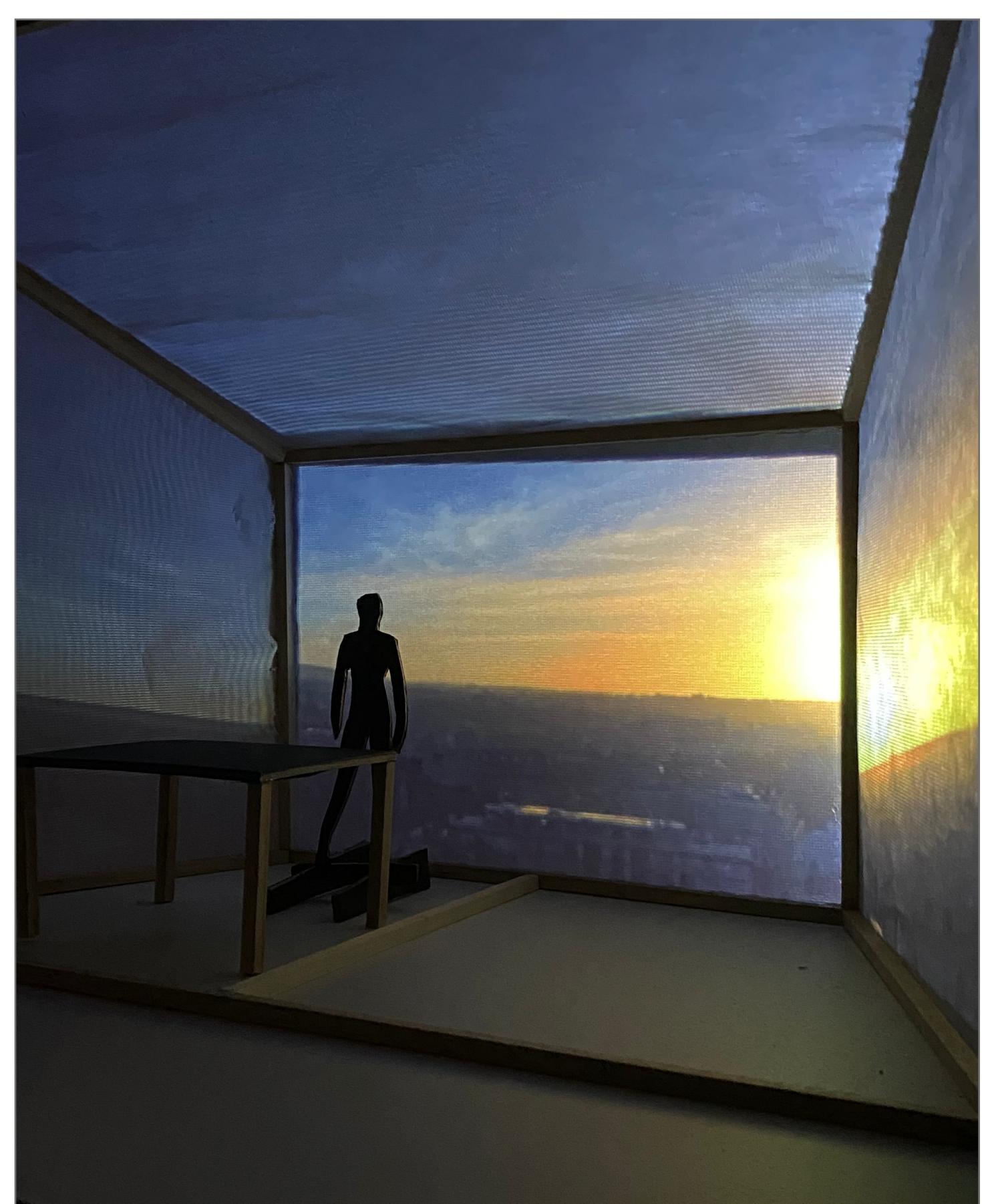
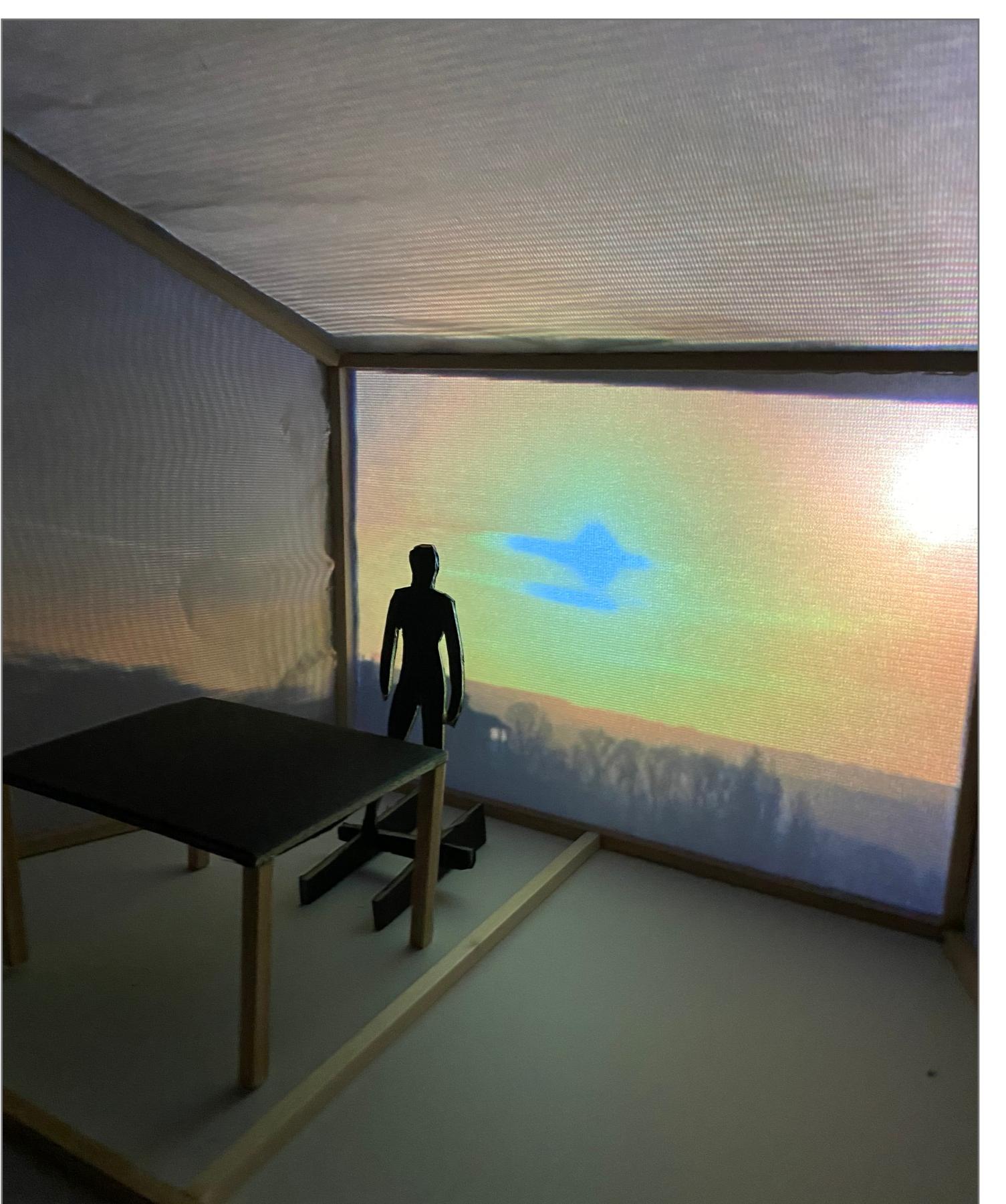
The color temperature will be automatically adjusted to the appropriate value according to the user's current biological index (melatonin) and the current time



**“TAILORED”**

Tailored Scene Of Your Working Space:

**03**



Users can switch their projection style at any time through mobile devices (iwatch, mobile phones, iPad), whether it is an abstract light scene or a specific natural scene

## HOW TO USE IT

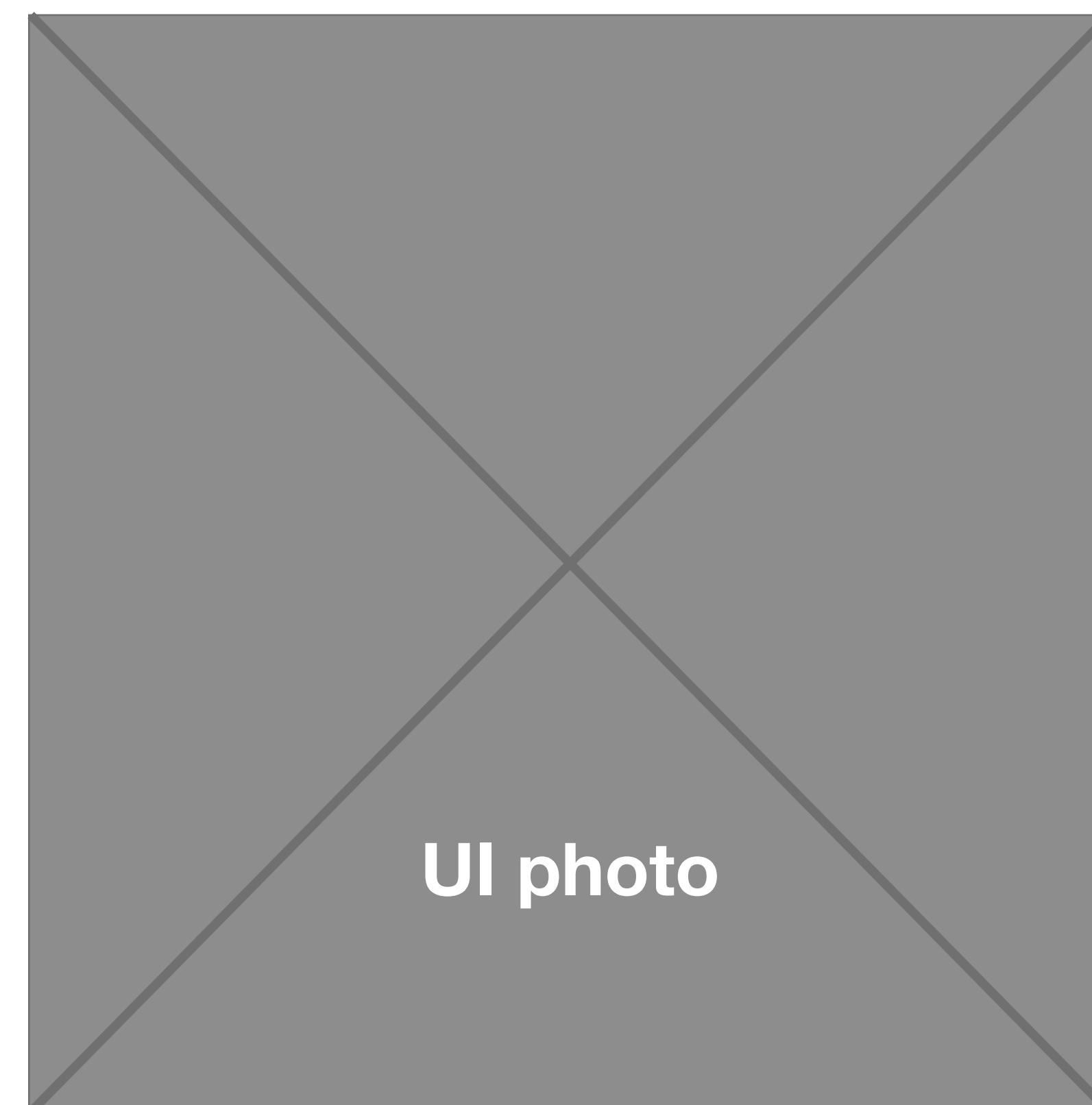
### User Flow Of The Lighting Therapy

04



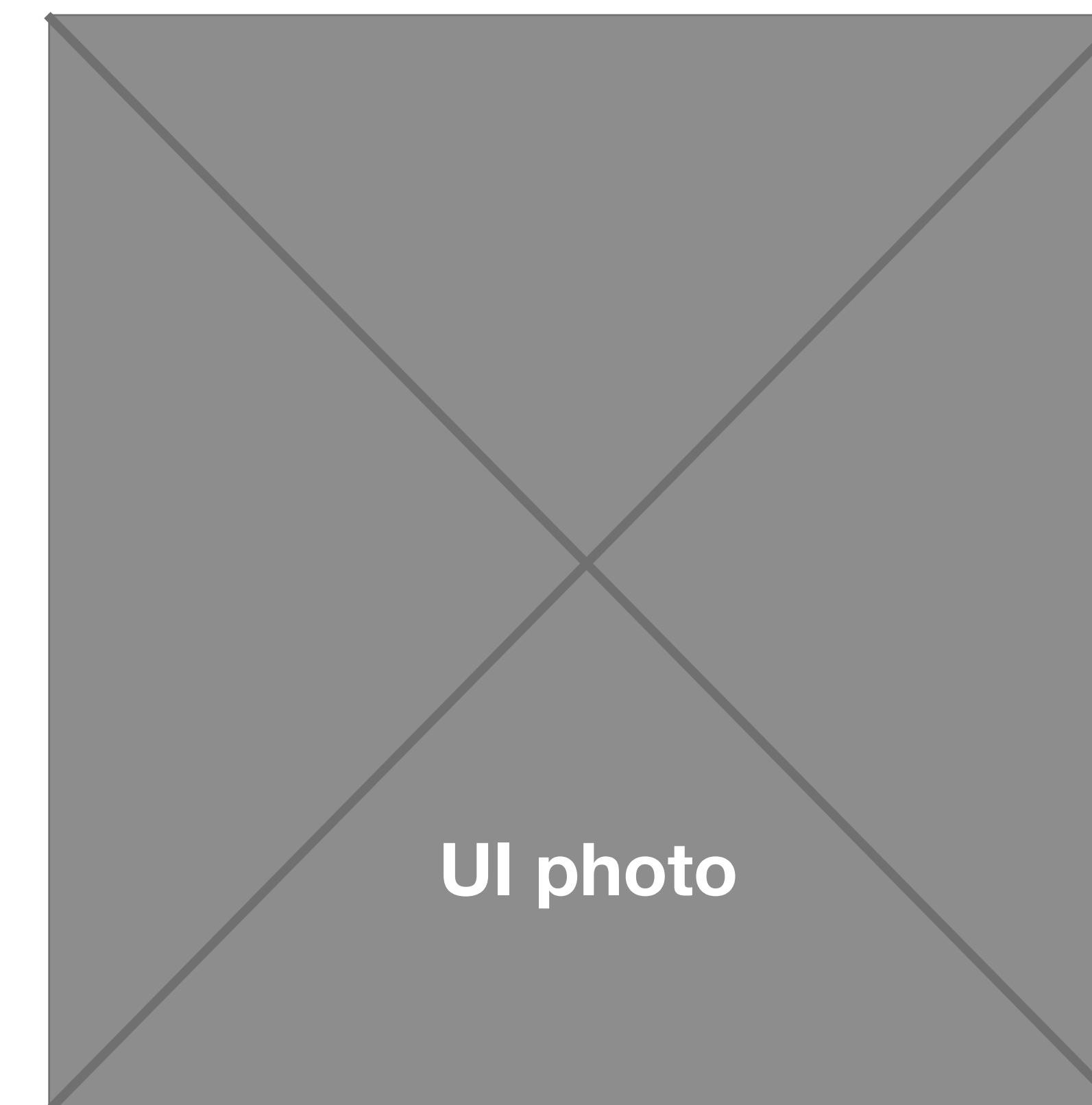
#### Connect with your device

Download "Humanhealth Studio" app and connect with your device



#### Choose style you like

Users can switch their projection style at any time through mobile devices (iwatch, mobile phones, iPad), whether it is an abstract light scene or a specific natural scene



#### Adjust the color temperature

The color temperature will be automatically adjusted to the appropriate value according to the user's current biological index (melatonin) and the current time



#### Enjoy your healthy life

Light is the main stimulus that helps the circadian clock, and thus circadian rhythms, keep a synchronized rhythm with the 24-hour day.

